



LACTATION RESOURCES

NAME	EMAIL/WEBSITE/INFO	PHONE NUMBER
Nourish Lactation Support Sara Hiland, RN, IBCLC, RLC Southern NH	nourishlactationNH@gmail.com Nourishlactationnh.com	(646) 653-1642 (voicemail only)
Wendy Aldrich Jordan Seacoast Lactation Services Exeter	Waj65@hotmail.com seacoastlactationservices.com	(603) 531-3628
Sue Martin Home Visits Southern NH up to Concord	sue_martin66@yahoo.com	(918) 758-2325
Maryann Lessard - Breastfeeding Links Serving the Lakes Region down to Concord	willardmaryann5@gmail.com breastfeedinglinks.com	(603) 496-2073
LaLeche League of Maine & NH	Lllofmenh.org	Offers support groups in various locations. Check website for more details
Elliot Health Systems at Rivers Edge Moms Group The Warm Line	Wednesdays at 11:00am (free)	(603) 663-4464
Portsmouth Regional Hospital	24/7 Breastfeeding Support	(603) 443-4086
St. Josephs Hospital Support Group Community Health Education	Mondays at 10:00am	(603) 595-3168

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Cheshire Medical Center Moms Club	Tuesdays at 10:00am	(603) 354-5454 x2410
Zip Milk	Zipmilk.org	Offers support groups in various locations. Check website for more details
Jeanette Schaible Registered Dietitian and Certified Lactation Consultant	jschaible@nimnh.com nimnh.com	
NH State WIC Breastfeeding Promotion Coordinator	Kristina Thompson, CLC Kristina.Thompson@dhhs.nh.gov Alternate: Lissa Sirois, MPH, RD, IBCLC Lissa.Sirois@dhhs.nh.org	(603) 271-4545 or 1 (800) WIC-4321 (603) 271-0571
Community Action Program (Belknap, Coos, Grafton & Merrimack Counties)	Jennifer York, IBCLC jyork@bm-cap.org Alternate: Elisa Perry, MPH esperry@bm-cap.org	(603) 225-2050 x1196 or 1 (800) 578-2050 (603) 225-2050 x1152
Goodwin Community Health (Carrol & Strafford Counties)	Deni Lozier, RD, CLC dlozier@agchc.org Alternate: Nancy Brink, CLC	(603) 332-4358 (603) 994-6363 (603) 9940-6371
Southern NH Services (Hillsborough & Rockingham Counties)	Michelle Smith, RD, CLC msmith@snhs.org Alternate: Catrina Lavoie, CLC	(603) 647-3470 x6072 or 1 (800) 332-1073 (603) 345-0892
Southwestern Community Services (Cheshire & Sullivan Counties)	Brandi Wadleigh, CLC bgrossman@scshelps.org Alternate: Julie Frisch, CLC	(603) 352-7512 x4235 or 1 (800) 529-0005 (603) 542-7372
The Family Place at Concord Hospital Concord, NH	Classes are constantly changing, visit web-site to learn more	(603) 227-7000 x4909